

## A B S T R A C T

A runner for a motor vehicle seat, said runner comprising a fixed rail and a moving rail, a latch and an actuating element. Retaining device for retaining the actuating element are adapted to co-operate with longitudinal indexing system on the fixed rail so as firstly to hold the actuating element in the unlocking position over at least one predetermined range of longitudinal positions, and secondly to allow the actuating element to move into the locking position outside the at least one predetermined range of longitudinal positions.